

Daysacks



A daysack is a comfortable rucksack big enough to carry everything you'll need to enjoy a day out on the hill. Companies can be misleading when they quote how many "litres" a bag is, so best to find the right size for you by asking lots of questions and looking at some older Explorers' bags.

30/40 litres is normally about right, but try it out at home before you remove the tags – you might want to send it back!

A few pointers:

- School bags are not good enough. They will be uncomfortable, get dirty and are possibly not strong enough to stand up to the rigors of Scouting.
- Daysacks should have a waist belt and a chest strap.
- Don't worry about whether it is waterproof, as your stuff will be waterproofed inside it anyway.

What goes in the daysack – essential kit you always carry!

A spare fleece
Water – 1 litre minimum
Spare hat and gloves
Lunch
Emergency snacks
Personal first aid kit
Camera/ battery/ phone charger
Headtorch

What will need to go in your daysack if you're not wearing it!

Waterproof jacket
Fleece
Waterproof trousers
Warm hat
Sun hat/ cap
Gloves
Sunglasses – optional...
Gaiters – optional...

What you wear (as a minimum!)

Hiking boots
Walking trousers/ shorts
Hiking socks
Wicking t shirt

You may also be given one or two items of group kit from the list below:

Map & compass	Confidence rope	Spare warm kit
Big first aid kit	Flask	Spare water
Survival shelter (bothy)	Spare food	Cameras/ GoPros

Notes

- You will be able to see that there is potentially quite a lot of stuff that needs to fit in your daysack
- Jewellery is discouraged, as it can catch on things when worn, and is easily lost when taken off.
- Put everything in dry bags
- Cameras are fine, but we can't cover any personal kit against loss or damage under the Unit's insurance.